

**Washington State University**

**College of Education**

**Sam Christopher**

Will defend the Thesis on

**Date: April 15, 2024**

**Time: Noon**

**Zoom by request to [gradstudies@wsu.edu](mailto:gradstudies@wsu.edu)**

*Faculty, students and the general public are encouraged to attend*

**UNDERSTANDING ELEMENTS OF PHYSICAL ACTIVITY  
WITHIN INCLUSIVE POST-SECONDARY EDUCATION  
PROGRAMS FOR PEOPLE WITH INTELLECTUAL AND  
DEVELOPMENTAL DISABILITIES**

Chair: Marcus Poppen

An exploratory qualitative study was conducted to dive into the perspectives of inclusive postsecondary education (IPSE) program directors and/or staff to understand elements of physical activity within their program. A total of seven research questions were developed to better understand what programs are doing structurally to increase physical activity levels for their students with intellectual and developmental disabilities (ID/D), as well as barriers programs face in getting students to be more active. Seven IPSE programs were interviewed. The research questions examined current levels of program physical activity, the importance of physical activity according to staff, staff roles in promoting physical activity, program structures for physical activity, natural supports to increase physical activity, barriers to physical activity, and recommendations to other IPSE programs.